ERINCOUPE.COM

The Ritual Reset *Checklist*

BY **ERIN COUPE**

5 Simple Shifts to Feel More Energized, Clear & In Control

ERIN COUPE

Hello there! If this checklist found its way into your hands, I already know something about you: you're ready for more, but not in the way the world has typically defined it.

Not more hustle. Not more pressure. Not more expectations. And certainly not more routines added to your already exhausting routines that sometimes feel hard to keep up with.

You're ready for more presence. More energy. More alignment with the version of you that doesn't just do, but feels alive and vibrant doing it.

I created this **Ritual Reset Checklist** because I know what it's like to look around at a full life that still feels strangely empty. I've lived the version of success that looks great from the outside, but left me running on fumes on the inside.

> This isn't about cramming more in your days.
> It's about fitting in what matters most, intentionally, and with clarity.
> And it's about deepening your self-trust when you do.

And the good news is: it starts small. It starts right now. You already have what you need. This checklist is just a nudge inviting you to return to your center and lead your life from there.

I'm with you on this journey,

Erin

How To use this guide.

This guide was designed with real life in mind. Your life is full, dynamic, and layered. Here's how to make the most of this guide:

Start slow. You don't need to implement everything at once. Begin with one shift that resonates and let it ripple through your day. That's how meaningful change begins.

Make it yours. These are invitations, not prescriptions. Adjust them to fit your rhythm, your needs, your season of life. They're personal and are yours to own which means they're guilt-free and you choose them because you want to, not because you have to.

Revisit it often. Think of this as a grounding tool. Return to it anytime you feel scattered, stretched too thin, or out of sync.

Notice how it feels. The goal isn't perfection... it's awareness. Ask: "Does this nourish me? Or deplete me?" Let your energy be your guide.

Let it evolve with you. You'll grow. Your life will shift. So will your rituals. That's a good thing. This guide is here to support your becoming, not keep you in a box.

You don't have to wait for a new month, a new year, or a breaking point.

In fact, why wait for anything when you can begin with one simple conscious choice.

Let's begin.

Ritual #1: Start your day from center, not from your phone.

THE RESET:

Replace your reactive morning scroll with a centering ritual.

WHY IT MATTERS:

The moment you wake up is sacred, it sets the tone for your entire day. Scrolling floods your nervous system with comparison, urgency, and noise. Checking your email right away pulls your energy straight into reaction mode. A centering ritual, even just 5 minutes long, invites you to lead your day instead of reacting to it.

TRY THIS:

- Place your hand on your heart. Breathe. Ask: How do I want to feel today?
- Light a candle, stretch, listen to calming music or write in your journal. This is a great place for meditation whether silent or guided.
- Intentionally make your morning coffee or tea and look outside, noticing the colors, sounds, and peace of the day before everyone starts moving.

YOUR MANTRA:

"I don't check in with the world before I check in with myself."

Ritual #2: Schedule Your Energy, Not Just Your Tasks

THE RESET:

Shift your calendar from obligation to alignment.

WHY IT MATTERS:

When you plan based on time blocks alone, you're missing the real currency: energy. Managing your energy, not just your hours, is how you create sustainable momentum (without burnout).

TRY THIS:

- Identify your peak energy hours and block those for creative, meaningful work.
- Build in buffer zones between back-to-back meetings (for example your typical 30 minute meetings become 25 minute meetings).
- Protect white space like your well-being depends on it, because it does.

YOUR MANTRA:

"My energy is more valuable than my availability."

Ritual #3: Take a 3-Minute Midday Reset

THE RESET:

Create a pause before your body demands one.

WHY IT MATTERS:

Most people wait until they're depleted to stop. But small, intentional resets throughout the day keep your system regulated and your mind clear.

TRY THIS:

- Set a midday alarm with a note that says "Pause. Breathe. Return."
- Step away from your screen. Close your eyes. Bring each breath deep into your belly (shallow breathing in your chest only signals to your brain that your body is under stress). Remind yourself that you're in control of your mental and emotional state.
- Ask yourself: What do I need right now?

YOUR MANTRA:

"Pause is not a luxury...it's leadership."

Ritual #4: End Your Day with a Digital Detox

THE RESET:

Power down to power up your presence.

WHY IT MATTERS:

Your nervous system needs a signal that the day is done. If you go to bed overstimulated and under-nourished, you start the next day from depletion. This ritual helps you reclaim your restfulness—not just your sleep.

TRY THIS:

- Choose a tech-off time and stick to it (even 30 mins before bed is a win).
- Swap screen time for a warm shower or bath, a journal check-in, a stretch or restorative exercise.
- Create a wind-down playlist or read a chapter in a book.

YOUR MANTRA:

"I don't need to scroll to relax. I need to soothe myself."

Ritual #5: Identify & Eliminate One Energy Leak

THE RESET:

Audit your energy. Reclaim what's yours.

WHY IT MATTERS:

Not all exhaustion comes from doing too much. Often, it comes from what you're tolerating. Leaky boundaries, silent resentment, the clutter you keep stepping over. This ritual is about noticing, and then reclaiming.

TRY THIS:

- Write down: "What's one thing I'm tired of carrying?"
- Get specific. Then choose one action to shift, delegate, or release it.
- Big change starts with a single 'no.' Your no's can be shared with compassion and kindness, they don't need to be cold and detached.

YOUR MANTRA:

"I no longer have space for what drains me."

Your 5-Week Ritual Reflection Tracker

Rituals don't work unless we feel into them.
This is where the change takes root.

How to Use This Tracker

- Each week, choose one ritual from the checklist to focus on. (You can go in order or follow your intuition.)
- Use the prompts at the start of the week to set your intention.
- At the end of the week, reflect on what you experienced without judgment. This is a practice of observation, not evaluation.

These shifts are subtle but powerful. By making space to notice how you feel, you're building a new way of being, one choice at a time.

Week 1 Ritual: _____

Set your intention.

Which ritual am I focusing on this week?

Why did I choose this one now?

What would it look like to honor this ritual fully, even once?

One word I want to embody this week: _____

Where in my day or week will I intentionally fit this in?

Reflection + integration.

How did I practice this ritual this week? (Be specific.)

What felt different in my energy, clarity, or focus?

What got in the way? (And what helped me stay present?)

One word to describe how I feel after trying this ritual: _____

Will I keep this going? (Why or why not?)

One small adjustment I want to try next week:

Week 2 Ritual: _____

Set your intention.

Which ritual am I focusing on this week?

Why did I choose this one now?

What would it look like to honor this ritual fully, even once?

One word I want to embody this week: _____

Where in my day or week will I intentionally fit this in?

Reflection + integration.

How did I practice this ritual this week? (Be specific.)

What felt different in my energy, clarity, or focus?

What got in the way? (And what helped me stay present?)

One word to describe how I feel after trying this ritual: _____

Will I keep this going? (Why or why not?)

One small adjustment I want to try next week:

Week 3 Ritual: _____

Set your intention.

Which ritual am I focusing on this week?

Why did I choose this one now?

What would it look like to honor this ritual fully, even once?

One word I want to embody this week: _____

Where in my day or week will I intentionally fit this in?

Reflection + integration.

How did I practice this ritual this week? (Be specific.)

What felt different in my energy, clarity, or focus?

What got in the way? (And what helped me stay present?)

One word to describe how I feel after trying this ritual: _____

Will I keep this going? (Why or why not?)

One small adjustment I want to try next week:

Week 4 Ritual: _____

Set your intention.

Which ritual am I focusing on this week?

Why did I choose this one now?

What would it look like to honor this ritual fully, even once?

One word I want to embody this week: _____

Where in my day or week will I intentionally fit this in?

Reflection + integration.

How did I practice this ritual this week? (Be specific.)

What felt different in my energy, clarity, or focus?

What got in the way? (And what helped me stay present?)

One word to describe how I feel after trying this ritual: _____

Will I keep this going? (Why or why not?)

One small adjustment I want to try next week:

Week 5 Ritual: _____

Set your intention.

Which ritual am I focusing on this week?

Why did I choose this one now?

What would it look like to honor this ritual fully, even once?

One word I want to embody this week: _____

Where in my day or week will I intentionally fit this in?

Reflection + integration.

How did I practice this ritual this week? (Be specific.)

What felt different in my energy, clarity, or focus?

What got in the way? (And what helped me stay present?)

One word to describe how I feel after trying this ritual: _____

Will I keep this going? (Why or why not?)

One small adjustment I want to try next week: